

2008-2009 Test Syllabus

10th - 4th Kyu Test Syllabus

9th - 10th Kyu

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Seiza ho
- 4 Shikko ho
- 5 Tai no Henko (1)
- 6 Tai no Henko (2)
- 7 Hiriki no Yosei (1)
- 8 Hiriki no Yosei (2)
- 9 Shumatsu Dosa (1)
- 10 Shumatsu Dosa (2)

(all kihon dosa are done without partner, all kihon dosa are done on one side)

5th Kyu

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Katate Mochi Nikajo Osae (1)
- 8 Katate Mochi Nikajo Osae (2)
- 9 Shomen Uchi Sankajo Osae (1)
- 10 Shomen Uchi Sankajo Osae (2)
- 11 Katate Mochi Sokumen Irimi Nage (1)
- 12 Yokomen Uchi Shomen Irimi Nage (2)
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

(kihon dosa are done with partner, all waza are done on right and left side)

8th - 6th Kyu

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Seiza ho
- 4 Shikko ho
- 5 Tai no Henko (1)
- 6 Tai no Henko (2)
- 7 Hiriki no Yosei (1)
- 8 Hiriki no Yosei (2)
- 9 Shumatsu Dosa (1)
- 10 Shumatsu Dosa (2)
- 11 Katate Mochi Shihonage (1)
- 12 Katate Mochi Shihonage (2)
- 13 Shomen Uchi Ikkajo Osae (1)
- 14 Shomen Uchi Ikkajo Osae (2)

(kihon dosa are done without partner, all waza are done on right and left side)

4th Kyu

- 1 Migi Hanmi Kamae
- 2 Hidari Hanmi Kamae
- 3 Tai no Henko (1)
- 4 Tai no Henko (2)
- 5 Hiriki no Yosei (1)
- 6 Hiriki no Yosei (2)
- 7 Shomen Uchi Yonkajo Osae (1)
- 8 Mune Mochi Hijishime (2)
- 9 Shomen Uchi Kotegaeshi (2)
- 10 Ryote Mochi Tenchi Nage (1)
- 11 Suwari Waza Ryote Mochi Kokyu Ho (1)
- 12 Shitei Waza
- 13 Shumatsu Dosa (1)
- 14 Shumatsu Dosa (2)

(kihon dosa are done with partner, all waza are done on right and left side)

Shitei Waza

- Katate Mochi Shihonage (1)(2)
- Shomen Uchi Ikkajo Osae (1)(2)
- Katate Mochi Nikajo Osae (1)(2)
- Shomen Uchi Sankajo Osae (1)(2)
- Katate Mochi Sokumen Irimi Nage (1)
- Yokomen Uchi Shomen Irimi Nage (2)

3rd - 1st Kyu Test Syllabus

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|---|----------------------------|
| 1 Migi Hanmi Kamae | 8 Kata Mochi Hijishime (1) |
| 2 Hidari Hanmi Kamae | 9 Shitei Waza |
| 3 Tai no Henko (1) | 10 Shitei Waza |
| 4 Hiriki no Yosei (1) | 11 Shitei Waza |
| 5 Hiriki no Yosei (2) | 12 Shumatsu Dosa (1) |
| 6 Ushiro Ryote Mochi Sankajo Osae (1) | 13 Shumatsu Dosa (2) |
| 7 Suwari Shomen Uchi Shomen Iriminage (2) | |

Shitei Waza

- | | |
|---|--|
| Katate Mochi Shihonage (1) (2) | *Yokomen Uchi Yonkajo Osae (1) (2) |
| Ryote Mochi Shihonage (1) (2) | *Katate Mochi Sokumen Irimi Nage (1) |
| Yokomen Uchi Shihonage (1) (2) | *Kata Mochi Sokumen Irimi Nage (1) (2) |
| *Shomen Uchi Ikkajo Osae (1) (2) | *Shomen Uchi Shomen Irimi Nage (1) (2) |
| *Yokomen Uchi Ikkajo Osae (1) (2) | *Yokomen Uchi Shomen Irimi Nage (1) (2) |
| *Kata Mochi Ikkajo Osae (1) (2) | *Shomen Uchi Hijishime (1) (2) |
| Ushiro Ryote Mochi Ikkajo Osae (1) (2) | *Yokomen Uchi Hijishime (1) (2) |
| *Katate Mochi Nikajo Osae (1) (2) | *Kata Mochi Hijishime (1) (2) |
| *Kata Mochi Nikajo Osae (2) | *Mune Mochi Hijishime (1) (2) |
| *Shomen Uchi Nikajo Osae (1) (2) | *Shomen Uchi Kotegaeshi (2) |
| *Shomen Uchi Sankajo Osae (1) (2) | *Yokomen Uchi Kotegaeshi (1) (2) |
| *Yokomen Uchi Sankajo Osae (1) (2) | *Ryote Mochi Tenchi Nage (1) |
| Ushiro Ryote Mochi Sankajo Osae (1) (2) | Suwari Waza Ryote Mochi Kokyu Ho (1) (2) |
| *Shomen Uchi Yonkajo Osae (1) (2) | |

* Denotes Techniques done both in standing and sitting

Shodan Test Syllabus

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|---|----------------------|
| 1 Migi Hanmi Kamae | 8 Shitei Waza |
| 2 Hidari Hanmi Kamae | 9 Shitei Waza |
| 3 Hiriki no Yosei (1) | 10 Shitei Waza |
| 4 Hiriki no Yosei (2) | 11 Shitei Waza |
| 5 Hanmi Handachi Katate Mochi Shihonage (1) | 12 Shumatsu Dosa (1) |
| 6 Katate Mochi Ikkajo Osae (2) | 13 Shumatsu Dosa (2) |
| 7 Shomen Tsuki Kotegaeshi (1) | 14 Shitei Jiyu Waza |

Shitei Waza

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|---|---|
| Katate Mochi Shihonage (1) (2) | *Shomen Uchi Yonkajo Osae (1) (2) |
| Ryote Mochi Shihonage (1) (2) | *Yokomen Uchi Yonkajo Osae (1) (2) |
| Yokomen Uchi Shihonage (1) (2) | *Katate Mochi Yonkajo Osae (1) (2) |
| Hanmi Handachi Katate Mochi Shihonage (1) (2) | *Katate Mochi Sokumen Irimi Nage (1) (2) |
| Hanmi Handachi Ryote Mochi Shihonage | *Kata Mochi Sokumen Irimi Nage (1) (2) |
| *Shomen Uchi Ikkajo Osae (1) (2) | *Shomen Uchi Shomen Irimi Nage (1) (2) |
| *Yokomen Uchi Ikkajo Osae (1) (2) | *Yokomen Uchi Shomen Irimi Nage (1) (2) |
| *Katate Mochi Ikkajo Osae (1) (2) | *Shomen Uchi Hijishime (1) (2) |
| *Kata Mochi Ikkajo Osae (1) (2) | *Yokomen Uchi Hijishime (1) (2) |
| Ushiro Ryote Mochi Ikkajo Osae (1) (2) | *Mune Mochi Hijishime (1) (2) |
| Ushiro Katate Eri Mochi Ikkajo Osae (1) | *Kata Mochi Hijishime (1) (2) |
| *Katate Mochi Nikajo Osae (1) (2) | *Katate Mochi Hijiate Kokyu Nage (1) (2) |
| *Kata Mochi Nikajo Osae (1) (2) | *Shomen Uchi Hijiate Kokyu Nage (1) (2) |
| *Shomen Uchi Nikajo Osae (1) (2) | *Shomen Uchi Kotegaeshi (1) (2) |
| *Yokomen Uchi Nikajo Osae (1) (2) | *Yokomen Uchi Kotegaeshi (1) (2) |
| *Shomen Uchi Sankajo Osae (1) (2) | *Shomen Tsuki Kotegaeshi (1) (2) |
| *Yokomen Uchi Sankajo Osae (1) (2) | *Ryote Mochi Tenchi Nage (1) (2) |
| *Kata Mochi Sankajo Osae (1) (2) | Suwari Waza Ryoute Mochi Kokyu Ho (1) (2) (3) |
| Ushiro Ryote Mochi Sankajo Osae (1) (2) | |
| Ushiro Katate Eri Mochi Sankajo Osae (1) (2) | |

* Denotes Techniques done both in standing and sitting

Yudan Test Syllabus

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| 1 Tai no Henko (1) | 8 Shumatsu Dosa (1) |
| 2 Suwari Waza Ryote Mochi Kokyu Ho (3) | 9 Shumatsu Dosa (2) |
| 3 Ushiro Eri Mochi Ikkajo Osae (1) | 10 Shitei Jiyu Waza |
| 4 Shitei Waza | 11 Shitei Jiyu Waza |
| 5 Shitei Waza | 12 Taso Dori Jiyu Waza |
| 6 Shitei Waza | * For Nidan - Tanto and Shomen Uchi |
| 7 Shitei Waza | * For Sandan and up - Ken, Tanto and Shomen Uchi |

Shitei Jiyu Waza

Shomen Uchi	Shomen Tsuki	Ushiro Ryohiji Mochi
Yokomen Uchi	Kata Mochi	Ushiro Ryokata Mochi
Katate Mochi	Shomen Yokomen Uchi	Tanto Dori
Ryote Mochi	Ushiro Ryote Mochi	Ken Dori

Shitei Waza

Katate Mochi Shihonage (1) (2)	*Hiji Mochi Yonkajo Osae (1) (2)
Ryote Mochi Shihonage (1) (2)	*Kata Mochi Yonkajo Osae (1) (2)
Yokomen Uchi Shihonage (1) (2)	*Katate Mochi Sokumen Irimi Nage (1) (2)
Shomen Uchi Shihonage	*Kata Mochi Sokumen Irimi Nage (1) (2)
Hanmi Handachi Katate Mochi Shihonage (1) (2)	*Shomen Uchi Sokumen Irimi Nage (1) (2)
Hanmi Handachi Ryote Mochi Shihonage	*Yokomen Uchi Sokumen Irimi Nage (1) (2)
*Shomen Uchi Ikkajo Osae (1) (2)	Ushiro Ryote Mochi Sokumen Irimi Nage (1) (2)
*Yokomen Uchi Ikkajo Osae (1) (2)	Ushiro Ryohiji Mochi Sokumen Irimi Nage (1) (2)
*Katate Mochi Ikkajo Osae (1) (2)	Ushiro Ryokata Mochi Sokumen Irimi Nage (1) (2)
*Hiji Mochi Ikkajo Osae (1) (2)	*Shomen Uchi Shomen Irimi Nage (1) (2)
*Mune Mochi Ikkajo Osae (1) (2)	*Yokomen Uchi Shomen Irimi Nage (1) (2)
*Kata Mochi Ikkajo Osae (1) (2)	*Katate Mochi Shomen Irimi Nage (1) (2)
Ushiro Ryote Mochi Ikkajo Osae (1) (2)	*Ryote Mochi Shomen Irimi Nage (1) (2)
Ushiro Katate Eri Mochi Ikkajo Osae (1) (2)	*Shomen Uchi Hijishime (1) (2)
Ushiro Ryohiji Mochi Ikkajo Osae (1) (2)	*Yokomen Uchi Hijishime (1) (2)
Ushiro Ryokata Mochi Ikkajo Osae (1) (2)	*Katate Mochi Hijishime (1) (2)
Ushiro Eri Mochi Ikkajo Osae (1) (2)	*Mune Mochi Hijishime (1) (2)
*Katate Mochi Nikajo Osae (1) (2)	*Kata Mochi Hijishime (1) (2)
*Katate Aya Mochi Nikajo Osae (1) (2)	Ushiro Ryote Mochi Hijishime (1) (2)
*Hiji Mochi Nikajo Osae (1) (2)	*Shomen Uchi Hijiate Kokyu Nage (1) (2)
*Kata Mochi Nikajo Osae (1) (2)	*Yokomen Uchi Hijiate Kokyu Nage (1) (2)
*Mune Mochi Nikajo Osae (1) (2)	*Shomen Tsuki Hijiate Kokyu Nage (1) (2)
*Shomen Uchi Nikajo Osae (1) (2)	*Katate Mochi Hijiate Kokyu Nage (1) (2)
*Yokomen Uchi Nikajo Osae (1) (2)	*Ryote Mochi Hijiate Kokyu Nage (1) (2)
*Shomen Uchi Sankajo Osae (1) (2)	Ushiro Ryote Mochi Hijiate Kokyu Nage (1) (2)
*Yokomen Uchi Sankajo Osae (1) (2)	*Shomen Uchi Kotegaeshi (1) (2)
*Katate Mochi Sankajo Osae (1) (2)	*Yokomen Uchi Kotegaeshi (1) (2)
*Ryote Mochi Sankajo Osae (1) (2)	*Shomen Tsuki Kotegaeshi (1) (2)
*Hiji Mochi Sankajo Osae (1) (2)	*Katate Mochi Kotegaeshi (1) (2)
*Kata Mochi Sankajo Osae (1) (2)	*Ryote Mochi Kotegaeshi (1) (2)
Ushiro Ryote Mochi Sankajo Osae (1) (2)	Ushiro Ryote Mochi Kotegaeshi (1) (2)
Ushiro Katate Eri Mochi Sankajo Osae (1) (2)	*Ryote Mochi Tenchi Nage (1) (2)
Ushiro Ryohiji Mochi Sankajo Osae (1) (2)	Shomen Uchi Kokyu Nage
Ushiro Ryokata Mochi Sankajo Osae (1) (2)	Yokomen Uchi Kokyu Nage
*Shomen Uchi Yonkajo Osae (1) (2)	Katate Mochi Kokyu Nage
*Yokomen Uchi Yonkajo Osae (1) (2)	Ryote Mochi Kokyu Nage
*Katate Mochi Yonkajo Osae (1) (2)	Shomen Tsuki Kokyu Nage
*Ryote Mochi Yonkajo Osae (1) (2)	Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3) (5)

* Denotes Techniques done both in standing and sitting